

# CHRISFIT<sup>365</sup>



Name \_\_\_\_\_ Date \_\_\_\_\_

Goal

10  
9  
8  
7  
6  
5  
4  
3  
2  
1

Feeling today

10  
9  
8  
7  
6  
5  
4  
3  
2  
1

Nutrition

10  
9  
8  
7  
6  
5  
4  
3  
2  
1

Sleep

EXERCISE	SETS	REPS	WEIGHT

NOTES